

XV. Scrambled eggs on toast.
Biscuits - jam.
Stewed peaches
Cocoa & milk

XVI ✓ Fried fish
Potatoes, carrots.
Applesauce pancakes, syrup.
Coffee.

Recipes

I.

Apricot custard

Soak apricots in cold water overnight so they will be soft. Use Bird's Custard powder. Cook apricots until pulpy in just enough water to cover them.

1 qt. liquid
& 1 lb. sugar } 1 package custard.
apricots

Cook apricots, mix powder & sugar together, stir liquid slowly to a thin paste.

Stir mixture into apricots with liquid until fairly thick.
Set aside to cool.

Tomatoes

Open cans & heat near fire.

Mashed potatoes

Boil potatoes - remove from fire, add milk, butter, salt & pepper.

Coffee

cold water - 1 cup + per person

1 tbsp. coffee

salt.

boil 3 to 5 minutes.

II. Stew.

Scrape & clean carrots & potatoes - cut into nearly uniform sizes & boil in salted water until tender. Use as little water as possible. Add beef steak & onions from can - add peas - taste & season.

Apple sauce.

Peel, core & cut apples, use as little water as possible, add sugar. Remove from fire & beat. Cool & serve with cream.

III. Twisters.

- 2 cups sifted flour.
- 2 tbsp. baking powder.
- $\frac{1}{2}$ tsp. salt
- 2 tbsp. shortening
- $\frac{3}{4}$ cups sweet milk

Use milk & 2 tbsp. butter & water.

Add $\frac{3}{4}$ cup of milk.

Take a stick as thick as your thumb - speckled alder. Cover with $\frac{1}{4}$ " dough - it rises. Hold close to flame at first & when it comes off end of stick easily, it is done. Should take about 10 minutes.

Chocolate Pudding.

6 people.

- 1. tbsk. corn starch
- 8 tbsk. Klim
- 1 tbsk. cocoa
- 2 tbsk. sugar
- 4 cups water

Mix to a thin paste in cold water. Stir into boiling water & boil slowly until it thickens enough to coat the spoon.

Cream Sauce Mixture.

- 4 tbsk. Klim
- 1 tbsk. flour
- $\frac{1}{4}$ tsk. salt - 1 cup liquid.

Mix in cold water, stir paste into boiling water and add 1 tbsk. butter.

Corned Beef Hash.

Chop up canned corn beef with double the quantity of boiled potatoes. Add finely chopped onion & season with pepper & mustard. Fry until brown & dry on top.

Grilled Ham.

Boil ham. Cut in thick slices, add pepper & grill over bed of hot coals. Serve with mustard.

Fish Chauder.

Cut fish into pieces removing bones. Boil until flesh falls apart. Add finely chopped onions, which have been fried in butter & also boiled potatoes. 143

Simmer, then serve.

Fish Cakes.

Mix fish + mashed potatoes mixed with salt, pepper + beaten egg, form into flat cakes + fry in duck fat.

Ham Omelet.

Beat whites + yolks separately. Stir them together with salt, pepper, beaten egg, add chopped ham. Fry in hot well-greased pan.

Creamed Salmon.

Put a can of salmon, cut in small pieces, with enough milk to cover it. Add 1 tbsp. flour (which has been mixed in a cup with a little extra milk), season with pepper + salt + serve on toast.

Macaroni with Cheese.

Boil macaroni in salted water until cooked through. Put macaroni in frying-pan with butter + grated cheese, stir until cheese melts.

Bread Pudding.

Break dried bread into small cubes, + bake with milk, sugar, raisins, nutmeg.

● IV Baked eggs.

Put hole in top of egg. stand egg upright in coals.

Baked potatoes.

Wash potatoes & wrap in wet newspaper & bury in coals. Build a big fire with lots of wood. Keep fire smoldering - no flame.

Tea.

1 tsp. tea per person
1 cup + water "
Boil water, add tea while water is boiling - leave on fire for 25 sec.
Keep warm at side of fire till ready to be used.

V. Cream sauce.

Several grains of flour.
1 large tsk. butter.
2 tsk. flour (yolk of 1 egg)
Mix together - add milk.
Mix flour with cold milk - put remainder of milk on fire to warm, add this mixture without lumps, add butter, constantly stirring. Add salmon (mashed a little). Of adding yolk, put with cold mixture of cream sauce. - Salt + pepper.

Apricot Whisk.

Beat egg whites stiff - add a little sugar - mash apricots - mix apricots + egg whites.

VI. Anykos on horseback.

Wrap cubes of cheese in
bacon strips - stripe both ways.
Toast on stick + when cheese
melts, put between buttered toast
+ serve as a sandwich. 1" cheese
1 slice bacon.

Steamed apricots.

Cover fruit with just enough water
+ cook slowly, by side of fire. Add
sugar just before taking off fire -
taste.

Klim

Water

1 cup

2 cups

4 cups

Klim.

4 tbsp.

8 tbsp.

16 tbsp.

Add klim to water + stir well.

Fruit Rolls.

Dates, apricots, raisins, figs, nuts.
Chop + mix thoroughly - form into
individual rolls. Roll in powdered sugar
+ wrap in waxed paper.

Rolls oats.

1 cup cereal - 3 cups boiling salted
water.

Stir + cook thoroughly.

Milshk schik.

Make cream sauce, add pinchy cut-up cheese, also as many cans of vegetable soup + equivalent cans of water, peas + seasoning + min well. Boil, stirring, until mixture just runs. Pour over toast, and serve.

Blushing Bunning.

4 people.

1 lb. butter

1 lb. flour

1 can tomato soup

1/2 can cheese crackers

Melt butter, blend flour. Add soup. When heated, add cheese. Stir until melted. Serve over crackers or toast.

XIV Baked Beans

Boil can of beans for 20 min.
+ then open cans + heat.
Add water + see that they don't burn.

Peas.

Boil in hot salty water for 20 min.

Coconut Macaroons.

Sugar, egg white (beaten stiff).
coconut + cornflakes.

Min sugar + egg whites + then
min coconut + cornflakes into that -
drop them into pan + let them get
brown - cook in reflector oven.

Kidney beans + spaghetti.

2 c. spaghetti	4 tsk. salt
4 c. dried kidney beans	6 tsk. flour
6 tsk. fat	$\frac{1}{2}$ tsk. pepper.
4 c. stoned tomatoes	

Wash + soak beans overnight, add 2 tsk. salt + cook them until tender. Break spaghetti into pieces about 1" long + cook in boiling salted water until soft. Drain - make tomato sauce.

XV. Biscuits.

Follow recipe for baking - powder biscuits, doubling amt. of shortening. Bake 10-15 min. in reflector oven.

Spanish Toast.

4 tsk. butter	toast
4 tsk. flour	tomatoes
4 c. milk	salt
2 c. cheese.	pepper

Make following cream sauce -
Melt butter, add flour, cook until bubbling. Add milk gradually, stirring constantly, cook until smooth + thick. Melt in sauce, the cheese cut in small pieces. Add salt + pepper + pour over toast. Place fried tomato on each piece.

Saute' Dried Beef with Bananas.

1 lb. dried beef

12 bananas

6 tbsp. bacon fat.

Melt bacon fat in pan, add dried beef in small pieces. Saute' for 3 min. or until heated through & slightly browned. In same fat, saute' bananas which have been cut in halves crosswise & dusted with flour, cook until brown. Serve with beef.

XVI. Fish.

Mix milk & egg, dip fish in, roll in bread crumbs, fry in hot fat.

Saute' sauce - mix flour & cold liquid, little butter, season with salt, pepper, cloves. min. Cook till thickens.

Potatoes - mashed.

Apple sauce pancakes.

Make applesauce. Put pancake flour in & mix water till dough is quite stiff. Then put in applesauce - more water.

Syrup.

Boil brown sugar, butter & water, vinegar if possible -
2 water to sugar.



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